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ACTUAL PROBLEMS OF MODERN WOMEN'S SPORT

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Abstract: Modern women's sport has a number of unresolved problems, both from the pedagogical and physiological sides, the solution of which is relevant.

Keywords: women's sport, sportswomen, sex-dependent characteristics.

Introduction. Modern women's sport has a number of unresolved problems. At the Olympic level, especially in athletics, the difficult task of determining the unambiguous gender identity of the winners often manifests itself. On the physiological side, such difficulties are determined by the fact that gender in a person is formed by a combination of many sex-dependent (genetic, hormonal, morphological and psychological) characteristics, combined into a single hierarchical system [1, 2, 3]. From a pedagogical point of view, in sports there is still (regardless of the gender of the participant) an unsolved problem of creating an integral system of criteria for sports success. Although, for a deep understanding of its foundations, two new sciences were created earlier: sports acmeology and sports recordology [4].

In this regard, the scientific interest in sportswomen of specialists in various fields has increased. In addition to trainers - teachers and sports psychologists, sports doctors and gynecologists, as well as biologists showed professional interest in them. The need for a special pedagogical approach to women in sports is closely related to the fact that elite women's sports are inherently a concentrated manifestation of high psychomotor activity (hyperkinesia) of women, different from a typical woman [5, 6, 7]. Thus, in developed countries, the number of women involved in a high level of sports is only 10-15%, while in the Republic of Uzbekistan it is even less - 3-5%.

The need for increased motor activity in humans (regardless of gender) is based on intrauterine sexual differentiation of the brain according to the male type under the influence of endogenous male sex hormones [8, 9, 10]. That is why the male body has an innate predisposition to hyperkinesia already from the prenatal period. This is evident when observing pregnant women. It was revealed that unborn boys move more often. Moreover, after birth, typical boys from an early age participate in children's fuss and game running, in power struggles and fights, that is, in outdoor boyish games [11, 12, 13, 14]. At the same time, prenatal sexual differentiation of the brain according to the female type predetermines the absence of expressed love (kinesiphilia) for an increased level of movement in typical female representatives. The connection of kinesiphilia in women with the features of prenatal sexual differentiation of the brain according to the male type is confirmed by the studies of British geneticists A. Moir, D. Jessel (2003), which indicate that a unique phenomenon occurs in the population when intrauterine sexual development of the brain is opposite to genetic sex of the individual.

The authors found that 15-20% of men have a "female brain". At the same time, 10-15% of women have a "male brain" formed by an increased content of intrauterine androgens (prenatal hyperandrogenism). The "male brain" in such girls still prenatally (intrauterine) and subsequently after birth dictates the development of a male postnatal body program under the influence of androgens. This also includes the desire for increased motor activity (hyperkinesia). Such a natural feature is

effectively manifested in women's sports and subsequently forms the basis for the sports success of female athletes. It is with the "male" brain in genetic women that professional career success is also associated. Most often this is registered in male professions (presidents, prime ministers, ministers, including defense, generals, pilots and astronauts, army and police officers, bankers, composers, conductors and sculptors).

Moreover, sports physiologists R. Bescos (2009) testify that already at the early stage of prenatal development, under the influence of endogenous androgens in the brain, some female fetuses develop a “prenatal program of sports success”. Confirmation of the congenital masculinity in such female individuals is an external genetic predictor of masculinity: the ratio of the male type of length of the 2nd and 4th fingers on the hand (2D≤4D) (Manning J.T., 2008). Therefore, this genetic marker of masculinity can serve as a criterion for sports success in the selection of girls in women's sports. According to the researchers, first of all, in such girls, this is manifested by the need for increased motor activity (hyperkinesia) from an early age period (early onset of walking up to a year). Moreover, the fundamental basis for the formation of sports success of elite athletes is the similarity of morphological and functional female indicators with male ones (Mikhalyuk E.L. 2013).

It is this proximity of the majority of sex-dependent characteristics in female athletes to the basic gender characteristics of men that forms the proximity of women's sports records to men's in Olympic women's sports.

However, the phenomenon that exists in elite women's sports has not yet found an unambiguous explanation for those manifested complex prerequisites for high sports success of a small group of women in elite sports. In order to find the factors that explain the high athletic success of women in Olympic sports, reflected in the similarity of women's results with men's, it is important to identify the origins of the transformation of female athletes into the masculine side of most gender-dependent characteristics: genetic, hormonal, morphofunctional, psychological, that is, to find the origins of their moderate masculinization. organism, creating favorable pedagogical conditions for high sports success of women.

Conclusion. In this regard, the absence of such a methodological approach in women's sports requires the creation of an integral system of criteria for the formation of a female sexual type close to the male. This pedagogical approach will allow coaches to legitimately use methods of women's sports training that are close to men's. Its necessity is due to the fact that in the pedagogical practice of women's sports at present in many of its types (especially in the former men's) coaches use them heuristically (intuitively), without having scientific and theoretical justification and experimental evidence for this. Meanwhile, it is precisely this approach that is relevant and requires scientific development and practical implementation in pedagogical practice of adapted female training methods that are close to male ones.

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